

# Bronchoscopy

## Information for patients

You have been advised to have a bronchoscopy to help find the cause of your symptoms. The test may also be used to assess the progress of your condition. This leaflet has been prepared to give you a greater understanding of what the procedure will involve. I will try to answer your questions but if you have any concerns or would like to discuss further we will be happy to answer them when you come in for your appointment.

You will need to come to the Endoscopy Department at Hillingdon Hospital. The Endoscopy Unit is located on the lower ground floor, near the blood test centre. The unit is open Monday to Friday from 08:00am to 5.00pm. If you have a query about your appointment please telephone 01895 279214.

## What is a bronchoscopy?

Bronchoscopy is a procedure that allows the doctor to examine your trachea (windpipe), bronchi (branches of the airway) and some areas of the lung. A short, thin, flexible tube with a mini camera built into its tip, called a 'bronchoscope', is used for this procedure. The bronchoscope is usually passed through your mouth, into your trachea and bronchi. The doctor will then have a clear view of your airways.

During the procedure the doctor may take samples of tissue (biopsy) or respiratory secretions for examination in the laboratory. This may cause you to cough occasionally during the procedure.

## Why do I need a bronchoscopy?

The doctor who recommended the test will have explained this to you but please don't hesitate to ask if you have further questions.

## Are there any risks?

The most common risks that can occur during or after the bronchoscopy are:

- Sore nose
- Sore throat
- Cough
- Haemoptysis (coughing up blood)

These symptoms should subside after 24 hours. Should they persist please contact the Endoscopy Unit on 01895 279214 or contact your GP.

Very occasionally, when a biopsy is taken, there is a small risk that bleeding may occur. This will usually stop by itself. If it continues you may need to stay in hospital to be observed until it stops. If your doctor has said that a transbronchial biopsy is necessary, there is a small chance of a collapsed lung. If this happens you may need to stay in hospital for a few days.

## **What are the likely benefits of a bronchoscopy?**

The test is a relatively safe way of allowing us to find out what is causing your symptoms and therefore help in managing the lung problem.

## **Are there any alternatives?**

There are no alternative procedures that can show us inside your lungs in such detail.

## **Consent**

Before your procedure you will be asked to give your consent. It is important to understand what the procedure is likely to involve together with the risks, benefits and alternatives before you sign the consent form. Staff will explain these to you but please do not hesitate to ask if anything is unclear or you have any further questions.

## **Before the test - IMPORTANT**

Do not eat or drink for four hours prior to your appointment time. Necessary medication may be taken up to two hours before the procedure with a sip of water. If you are Asthmatic, Diabetic or currently taking Warfarin or Clopidogrel, please contact the Endoscopy Unit on 01895 279214. Please inform the doctor of any special needs you have that may need to be accommodated.

Please bring all medications that you are taking with you. Please remove any lipstick and/or nail varnish as it can interfere with monitoring during the procedure.

## **How will the procedure be performed?**

You will be assisted onto a trolley and asked to sit upright for the bronchoscopy. A probe will be attached to your finger in order to record your oxygen levels and pulse rate during the procedure. A spray of local anaesthetic is used to numb your throat prior to the doctor passing the bronchoscope. You will be asked to bite gently on a plastic mouth guard (a nurse will hold this in place). The bronchoscope will then be passed through your mouth, past your larynx (voice box), down your trachea and into your bronchi.

During the procedure more local anaesthetic medication will be given through the bronchoscope and into your trachea and some areas of your lung. This allows the doctor to view the right and left lung and to take some specimens. This could make you cough from time to time. During the procedure a nurse may remove secretions (fluid) in your mouth using a small, plastic tube connected to a suction machine.

There may be an option of having sedation for this procedure and this will be discussed between yourself and the doctor. If sedation is required an intravenous cannula will be inserted into your arm or hand and medication will be administered to make you feel relaxed and drowsy. Sedation is not general anaesthetic; therefore you may recall some aspects of the procedure.

## **Will it hurt?**

The procedure may be uncomfortable but it is not usually painful. You may cough from time to time during the procedure.

## **How long will it take?**

The bronchoscopy procedure takes about 20-30 minutes. You will need to allow at least two hours in the Endoscopy Unit.

## **What happens after the test?**

When the bronchoscopy is completed you will be wheeled into the recovery area where a nurse will assess your individual needs. At regular intervals your blood pressure, pulse and oxygen levels will be monitored. Because your throat will be numb, it is not safe for you to eat or drink anything after the test for two hours. This is to ensure all local anaesthetic given during the bronchoscopy has worn off. After this period a nurse will offer you a drink and a biscuit.

## **When can I go home?**

You will be allowed home when your observations are satisfactory and you have had something to eat and drink. If you have had sedation, you will need a responsible adult to collect you from the Endoscopy Unit and escort you home.

Once you are at home, you should rest quietly for the remainder of the day. If you have had sedation you should not do any of the following for 24 hours after the procedure:

- Drive a car
- Sign legally binding documents
- Operate machinery
- Drink alcohol

After 24 hours the effects of the sedation should have worn off and you should be able to resume normal activities.

## **When do I get the results?**

The results of the bronchoscopy will be given to you in the Outpatients Department normally within one to two weeks. Your GP will be informed of the bronchoscopy procedure by letter.

## Who do I contact with queries or concerns?

If you have any questions or concerns, please do not hesitate to ask. You can contact the Endoscopy Department on 01895 279214 or via Hillingdon Hospital switchboard on 01895 238282.

## Further information:

For more information about health or treatment please call NHS 111 on 111 or visit their website at 111.nhs.uk

## Who do I contact out of hours?

If you develop any urgent problems following your discharge and you feel that they cannot wait until the Endoscopy Unit is next open, please contact your GP or NHS111 who will advise you.

## Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.  
Please contact: 01895 279973

**Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973**

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .